Sports Pg 18

Whitecaps claim USL crown

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COUVER • TUESDAY, OCTOBER 14, 2008 metronew

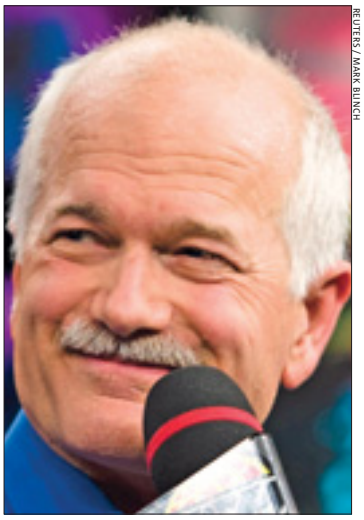
Celebrity Pg 26

Lisa Marie Presley delivers twin girls

CHRIS WATTIE/REUTERS

SHAUN BEST/REUTERS

TORSTAR NEWS SERVICE PHOTO



REUTERS / MARK BLINCH

Federal party leaders, from left: Stephen Harper, Stéphane Dion, Elizabeth May, and Jack Layton are all hoping to add seats in the House of Commons after today's federal election results are counted.

Why you should vote for me

In their own words, leaders make final pitch before today's vote

BY STEPHEN HARPER

I love Canada deeply and being Prime Minister is a great honour. In these times of global economic uncertainty, it's a great responsibility, too. The most important thing to me is that Canadian families are protected.

That's why we paid down nearly $40 billion in government debt. We lowered taxes by $3,000 a year for the average family. We brought in new reforms to Canadian banks, making them the safest and most secure in the world. We are careful with spending, making targeted investments in key manufacturing sectors. Canada now has the strongest economy in the G7.

There are many reasons to vote Conservative, but right now, the most important thing is to protect our Canadian economy — and to stop Stéphane Dion's risky carbon tax.

I respectfully ask for your vote.

TORSTAR NEWS SERVICE

BY STÉPHANE DION

At the start of this campaign, I asked Canadians a very straightforward question: Has Canada grown stronger under the Harper Conservatives?

Stephen Harper has failed Canadians. Worse, he also has no plan.

Only the Liberal Party offers the combination of a strong record as economic managers, a strong team of experienced men and women ready to take action on Day 1.

In our first 30 days, we will invest in infrastructure projects and in the manufacturing sector to boost job creation.

A Liberal government will cut your taxes. We will cut greenhouse gases. We will help recruit more doctors and nurses. We will invest in public transit, child care and the fight against poverty.

For a progressive government, you must vote for your local Liberal candidate.

TORSTAR NEWS SERVICE

BY ELIZABETH MAY

As Leader of the Green Party, I am committed to living up to the ideals of our nations' founders; those who 250 years ago started the tradition of representative democracy.

Our concern is not solely Canada's own greenhouse gases, which must be reduced dramatically, but the crafting of a better climate agreement for the world. The Harper government wants to sabotage that process.

We need to recognize that the climate crisis is an amazing economic opportunity.

Investing in our infrastructure will restart a sluggish economy. We must eliminate poverty. We will protect health care, provide universal child care, reduce student debt, and help seniors through a pharmacare plan. All of this is affordable.

To realize these goals we need a Green Caucus in the House of Commons.

TORSTAR NEWS SERVICE

BY JACK LAYTON

When you vote today, ask yourself: "which leader and which party is on my family's side?" I'm confident you will choose the New Democrats.

Prime Minister (Stephen) Harper doesn't care about the kitchen table concerns of everyday families.

Stéphane Dion doesn't have better ideas.

We'll respond quickly and effectively to uncertainty — re-regulating banks, and … reinvesting in our real economy within 100 days of this election.

We'll invest in skills-training and protecting jobs; in infrastructure and transit.

We'll help families make ends meet through an enhanced Child Benefit.

We'll protect ordinary people's savings, pensions, homes and jobs.

Our mainstream, prudent and widely-adopted climate change plan will lower emissions, and clean our air and water — fairly.Vote New Democrat.

TORSTAR NEWS SERVICE

Election 2008

For more coverage, see pages 8, 10, and online at metronews.ca

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Games security bill could hit $1B: Hansen
Security costs for the 2010 Olympic Games could reach as high as $1 billion, according to B.C. Finance Minister Colin Hansen. The original cost was estimated at $175 million, but did not account for aviation and border security. B.C. will not pay up the difference as it only covers security inside Games venues. CBC.CA/BC

Local

City hall flies flag for Whitecaps

The Vancouver Whitecaps FC flag will be raised at city hall today in celebration of the team's USL First Division championship Sunday. The team beat the Puerto Rico Islanders 2-1 at Swangard Stadium Sunday. The flag raising goes today at 1:45 p.m. METRO VANCOUVER

B.C. voters mull range of issues

JEFF HODSON
jeff.hodson@metronews.ca

Election 2008

From the economy, to the environment, to the war in Afghanistan, British Columbians will wade through a slough of issues as they plunge toward the polls today to decide the candidates and party that will best represent them in Ottawa.

Libby Davies, the New Democrat MP for Vancouver East, said of all the issues, the biggest facing British Columbians is uncertainty about the future.

"They want to know that there's going to be a leader and a federal government who are actually going to make decisions that are in the interest of average people," said Davies.

She said job loss, access to health care and a clean environment are basic issues facing families.

Lorne Mayencourt, the Conservative candidate in Vancouver Centre, cited social issues as most pressing.

"Repeat offenders, crime, homelessness, mental illness and addiction. Chronic poverty," Mayencourt said. "Those are the major issues that we've encountered."

Brad Zubyk, communications director for the Liberals in B.C., said the main issue is whether people want Stephen Harper as their prime minister.

The Liberals, he added, support Vancouver's supervised injection site, Insite, and hope to revive the Kelowna Accord to improve the living conditions of Canada's Aboriginal peoples.

Adriane Carr, deputy leader of the Green party and candidate in Vancouver Centre, said the big issues are climate change and "greening" the economy.

Thanksgiving **Sharing a good meal**

RAFE ARNOTT/METRO VANCOUVER

Volunteers serve up hundreds of meals at the Union Gospel Mission's annual Thanksgiving Turkey Dinner on Cordova Street in the Downtown Eastside yesterday.

Before heading to the polls, check your ID

VOTE As you cast your ballot in today's federal election, there are a few more things to keep in mind.

In order to vote, you'll need to prove who you are. So arrive with a driver's licence or other piece of government-issued ID in hand. If you're new to the area, a piece of ID with your name such as a health card coupled with a credit card statement to show your address will work. If you don't have even that, a registered elector in the same polling division with proper ID can vouch for you.

In British Columbia, residents can vote between 7 a.m. and 7 p.m. As soon as the polls close here, election results will start rolling in. To find out where the closest polling station to you is, visit elections.ca or call 1-866-546-7622.

MARIA COOTAUCO/ FOR METRO VANCOUVER

News in brief

GAMES UBC has been granted $300,000 from the Vancouver 2010 Winter Olympic Games' operating budget to study the long-term impact of hosting a Games. Researchers will look at national and local indicators and measure changes from 2001 and 2013. The analysis will be passed to future bid and host cities.

METRO NEWS SERVICES

metronews.ca
What's online today.

Watch an Elvis impersonator make his third bid for Belinda Stronach's former seat and watch experts break down the election's final opinion polls, predicting a Tory minority at metronews.ca/canada
Play online Sudoku!

Lotteries

Friday, Oct. 10
Lotto Super 7 02, 08, 10, 16, 21, 33 & 46 Bonus 30
Extra 20, 50, 76, 85

Saturday, Oct. 11
Lotto 6/49 07, 08, 23, 38, 39 & 45 Bonus 47
BC 49 08, 14, 23, 26, 41 & 45 Bonus 40
Extra 10, 61, 81, 91

These results are not official.

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Biggest dinosaur a Canuck?
B.C. paleontologists are studying dinosaur tracks in the northern part of the province that may have belonged to the largest dinosaurs to have ever lived. In August 2008, coal miners found what look like sauropod tracks near Sparwood. Sauropods were plant-eating reptilian dinosaurs that existed in the late Jurassic period. **CBC.CA/BC**

20-passenger tour bus rollover leaves 12 injured

CRASH A tour bus carrying 20 passengers rolled off a road and down a nine-metre embankment on Blackcomb Mountain yesterday.

Twelve people were injured in the crash, which took place just before noon. By midday, all had been released, except for one female teacher who suffered head and spinal injuries that are serious, but not life-threatening, CBC News Online reports.

The cause of the accident is under investigation.

METRO VANCOUVER

Body may be crew member

MONICA MARTINEZ
for Metro Vancouver

Police say the body recovered near the Spanish Banks at around 11:30 a.m. yesterday fits the description of one of three missing crew members from a Panamanian cargo ship.

Crew members contacted police at 7:30 a.m. yesterday after three sailors did not turn up at work.

The man whose body was recovered is described as approximately 30 years old and South Asian or Bangladeshi.

The other two missing men are also South Asian or Bangladeshi, and are between 24 and 25 years old.

"It does not appear that the two missing men made it to shore," said Vancouver police Insp. Steve Rai.

"Right now it looks like a real tragic incident."

The men are believed to have used a rope to climb down the 700-foot-long vessel and into the water, assuming they were close enough to swim to shore, although no life jackets or life boats were found missing.

The search for the two missing men continues along English Bay while police question crew members.

RAFE ARNOTT/METRO VANCOUVER

Coast Guard crews comb the waters off Spanish Banks in a search for missing sailors yesterday.

Has Adoption Touched Your Life?

visit www.ontario.ca/adoptioninfo

If you were involved in an adoption in Ontario, you need to know about an important change to your information and privacy rights.

Effective June 1, 2009, Ontario adoption records will be opened. This means adopted adults and birth parents will be given access to identifying information from birth records and adoption orders.

If the adoption order was made before September 1, 2008, adopted adults and birth parents can file a disclosure veto to prevent the release of the information.

If you want your identifying information to be kept private, **you should file a disclosure veto before June 1, 2009.**

No contact notices are also available.

To learn more about your rights to information and privacy regarding adoption, **visit www.ontario.ca/adoptioninfo or call 1-800-461-2156 (TTY 416-325-3408).**

Paid for by the Government of Ontario.

Ontario

Three separate accidents see cars crashing into buildings

COLLISIONS One woman is dead after three people drove their cars into buildings in three separate accidents in one day in Vancouver.

The deceased, who police say may have had a pre-existing medical condition, lost control of her car and drove into the living room of a basement suite in Kitsilano Sunday night, cknw.com reports.

Earlier that afternoon, someone drove into a real estate office near Dunbar Street and West 18th Avenue.

A few hours later, a car was driven into the front of a house near East 22nd Avenue and Trafalgar Street.

No one was hurt in those incidents.

KRISTEN THOMPSON / METRO VANCOUVER

Candidates file nomination papers for November municipal election

POLITICS Eighty-six candidates filed nomination papers to have their names grace ballots for Vancouver's Nov. 15 general local election.

On election day, residents will cast their votes to anoint a mayor, 10 councillors, seven Park Board Commissioners and nine School Trustees for a three-year term. **MONICA MARTINEZ / METRO VANCOUVER**

News in brief

BLACKOUT Some 4,000 homes in the South Surrey / White Rock area were without power for a few hours yesterday, news1130.com reports. The cause of the outage is under investigation.

FILM The French film I've Loved You So Long, directed by Philippe Claudel, was named the most popular film at this year's Vancouver International Film Festival. Other winners included Carl Bessai's Mothers and Daughters as the most popular Canadian film, while Kari Skogland's Fifty Dead Men Walking won the Western Canada Feature Film Award.

METRO NEWS SERVICES

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Comet to be named after U of C researcher
Robert Cardinal, a University of Calgary researcher at the Rothney Astrophysical Observatory, will soon have a comet bearing his name. Cardinal discovered the comet, formally called C2008 T2, near Pluto. METRO CANADA

Canada

Battling listeria

Health Canada has approved the use of a new preservative in an effort to combat the listeria bacteria, left. Sodium diacetate, when used in combination with sodium lactate, can help slow the growth of the harmful bacteria. CBC NEWS ONLINE

Ontario police station faces $9M assault suit

Man claims officers hid alleged interrogation-room abuse

A $9-million lawsuit has been filed by a Mississauga, Ont., man who claims 50 Peel police officers were involved in a station-wide coverup of his beating in an interrogation room.

Patrick Quinn, 35, alleges he was repeatedly assaulted and Tasered at 12 Division on Jan. 15 and 16 because he couldn't provide information about guns on the street.

Four officers are alleged to have directly participated in the assault after a videotape recorder was deliberately turned off.

The alleged assaults occurred in the same police station where Sean Reilly, 42, of Brampton was Tasered last month and died 12 hours later in hospital.

The province's Special Investigations Unit (SIU) is probing the Reilly incident to determine whether criminal charges should be laid against any officers.

SIU spokesperson John Yoannou said they were never involved in the Quinn matter.

Peel Chief Mike Metcalf, the Peel Police Services Board, and 50 officers, identified only as John and Jane Doe, are named in the suit.

Quinn, who has a lengthy criminal record for drugs and break-and-enters, claims officers thought nobody would believe his allegations, the lawsuit claims.

Metcalf is out of the country, but Deputy Chief Paul Tetzlaff said yesterday he wasn't aware of the lawsuit or if it had been filed with the force.

TORSTAR NEWS SERVICE

Unproven

- All allegations in the statement of claim, filed earlier this week in Toronto by lawyer David Shiller, have yet to be proven in court.

Vancouver Homelessness action

RAFE ARNOTT/METRO VANCOUVER

A man walks by a "green graffiti" message on a Vancouver sidewalk yesterday. The awareness campaign by the Greater Vancouver Regional Steering Committee on Homelessness is timed to coincide with the launch of Homelessness Action Week 2008.

200,000 lose power on Vancouver Island

BLACKOUT More than 200,000 Vancouver Island residents ate turkey by candlelight when the southern part of the island blacked out between 6 and 8 p.m. Sunday night.

B.C. Hydro does not know the cause of the power outage, although spokesperson Ted Olynyk said it's transmission-related.

The blackout affected people in Victoria across Ladysmith and the Gulf Islands. MONICA MARTINEZ/ FOR METRO VANCOUVER

Climate change threatens peatland

SCIENCE Warmer temperatures in the years ahead will dry up Canada's peatlands, release more carbon dioxide into the world's atmosphere and aggravate global warming, a new study has found.

Peat is the accumulation of partially decayed vegetation in very wet places. It covers about two per cent of global land mass. REUTERS

Canadian journalist's life threatened for $2.5M ransom

SOMALIA A Sylvan Lake, Alta., journalist and an Australian photographer could be killed by their Somali captors if ransom demands aren't met in 15 days, according to reports.

Freelance journalist Amanda Lindhout, 27, and photographer Nigel Brennan were kidnapped Aug. 23 outside the Somali capital of Mogadishu.

Apparently one of the kidnappers contacted Tehran-based Press TV, whom Lindhout had previously worked for, to inform them of the demand.

Lindhout's kidnappers are demanding $2.5 million for the release of the journalists.

METRO NEWS SERVICES

News in brief

WINNIPEG Unionized workers at Manitoba's largest newspaper set up a picket line outside the Winnipeg Free Press offices yesterday while contract negotiations continued, CBC News Online reports. About 1,000 employees walked off the job around noon. The main issues are wages, benefits and job security.

REWARD Residents in Edson, Alta, are offering a $22,000 reward for information leading to the arrest of Emily Stauffer's killer, CBC News Online reports. The 14-year-old girl was killed at on Sept. 27 as she walked along a wooded path on the edge of town. METRO NEWS SERVICES

ELECTION EDITION
RICK MERCER REPORT
Behind the scenes on the campaign trail. Four leaders, three planes and Elizabeth May on a tricycle.
cbc.ca/mercerreport
Today at 4
followed by THIS HOUR HAS 22 MINUTES at 4:30
CBC

TIM WIECLAWSKI/METRO CANADA

John Miner, left, and Philippe Pimental raise their glasses during a Thanksgiving Day meal at the Ottawa Mission yesterday. With the help of nearly 200 volunteers, the city shelter served 2,576 meals yesterday — the most ever for a holiday.

Eat, drink, be wary when wolf at door

TIM WIECLAWSKI
for Metro Canada

The Ottawa Mission hosted busier than usual Thanksgiving dinners yesterday, but while demand was high organizers don't think the recent economic uncertainty is behind the increase.

At least, not yet.

"I imagine it's going to take a little while, if it's going to trickle down to here, because we're fairly far down the chain," said Mission executive director Diane Morrison.

The turmoil that has plagued world markets of late does more immediately threaten something the Mission relies on, though: Community donations.

"Our concern is that 55 per cent of our budget is donations. It all depends on what happens with people's stock … because they are the people that donate to us."

Mike Martin, who has been homeless for a number of years and currently resides at the Mission, predicted that few of the clients enjoying their holiday dinner yesterday would be paying attention to the drama that's surrounding stock markets world wide.

"That's way out of their league. It's off their minds entirely," he said. "They don't worry about it. They worry about their next meal or where they're going to sleep next."

A hundred and twenty volunteers served meals yesterday, helping serve up 2,000 pounds of oven-roast turkey, 600 pounds of baked ham, 225 apple pies and 50 gallons of gravy, among other treats.

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The cost of an election
The cost of the 2006 election was $270 million, slightly less than the 2004 election at $277.8 million. Voter turnout for the 2006 election was 64.7 per cent, slightly higher than 2004 at 60.9 per cent. METRO NEWS SERVICES

Election 2008

One-man rule put to the test

Drama tonight may be in seeing how big or small Tory minority will be

NationalReport
Lawrence Martin

Why did we even bother? That could well be the reaction from Canadians when they see the election results tonight.

Polls suggest it will be the ditto election. A replica of the last one. Conservatives will likely pick up five to 10 seats, but will be left well down in minority territory. The Liberals will lose a few, the NDP will make a couple gains. And everybody can continue to be numbed by our uninspirational leaders and go back to sleep.

If these indeed are the results — the pollsters could be wrong — the big loser will be Stephen Harper. Most everyone expected Liberal Leader Stéphane Dion to have a tough time. And he did. It was his first campaign. But the Harper Conservatives were at 40 per cent in the polls on opening day and ready to romp to the only thing they seemingly ever cared about — winning a majority.

It hasn't happened. This was Harper's third campaign and it was probably his worst. He'll be wondering: Why did I break my own fixed-election date law to call this thing?

People are probably asking: Why did we even bother with this election?

The drama tonight will be in seeing how big or small the Conservative minority turns out to be. Harper has been called the Incrementalist because he prefers small steps as opposed to a big vision. But tonight increasingly mentalism won't do. If the Tories win less than 140 seats (a majority being 155) pressure will mount on the PM to step down. If he can't get close to a majority against a weak opposition when, his critics will ask, can he ever do it?

The other number to watch is if the combined Liberal and NDP number of seats exceeds those of the Tories. In such a scenario, they could combine to defeat the government on an early confidence vote. They could then work out some cohabitation agreement and march off to the Governor General and convince her to let them form a government — a loose coalition of some kind.

At least one thing that type of arrangement would do would end one-man government in this country. Harper came to Ottawa as a champion of democratic reform. His most serious weakness — and a reason why he likely won't score the victory he wanted tonight — is that he has become very much the opposite.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Numbers

Parliament Hill

Standings before election call

39TH PARLIAMENT
Conservative — 127
Liberal — 95
Bloc Québécois — 48
NDP — 30
Green — 1
Independent — 3
Vacant — 4

2006 ELECTION RESULTS
Conservative — 124
Liberal — 103
Bloc Québécois — 51
NDP — 29
Independent — 1

METRO NEWS SERVICES

Decision day dawns for federal leaders

The Conservatives look set to retain power today in the first national election held in a major industrialized nation since the market meltdown this month.

Prime Minister Stephen Harper triggered the campaign five weeks ago on the grounds that his minority government could no longer work with opposition parties who hold the balance of power in Parliament.

Then shares began to plummet and Harper retooled his campaign in a bid to persuade Canadians that only he could manage the country in such troubled times.

"(We have) a plan that in the midst of this world financial crisis has kept our economy creating jobs, kept our budgets balanced and kept your bank accounts safe and secure."
Stephen Harper

"(We have) a plan that in the midst of this world financial crisis has kept our economy creating jobs, kept our budgets balanced and kept your bank accounts safe and secure," he told a rally in Cornwall, P.E.I., yesterday.

The election is the third in four years and — according to virtually every poll over the last month — will produce Canada's third successive minority government.

Harper, who defeated a minority Liberal administration in January 2006, foresees another election relatively soon.

"Obviously the Parliament won't last four years," he told CTV television Sunday.

The Liberals were hampered in the campaign by the ineffective performance of Leader Stéphane Dion and his insistence that despite tumbling markets and fears of a recession, the party would impose a carbon tax designed to cut greenhouse gases.

Harper says the tax would trigger an immediate recession "as bad as anywhere in the world."

Dion says this is a lie.

REUTERS

News in brief

POLL Three polls yesterday indicated the Conservatives would fall short of both the 36.5 per cent they won in 2006 and the 40 per cent needed to win most of the 308 seats in Parliament. A final poll by Nanos Research — the only firm to accurately predict the results in 2006 — gave the Conservatives 34.2 per cent public support, the Liberals 26.7 per cent and the New Democrats 21.4 per cent. An Ekos survey put the Conservatives at 34 per cent with the Liberals at 26 per cent, while Harris-Decima had Harper in the lead by 34 per cent to 25. REUTERS

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CBCnews | CANADA VOTES

Peter Mansbridge

Keith Boag

Wendy Mesley

Rick Mercer

Susan Bonner

Diana Swain

Rex Murphy

Don Newman

Chantal Hébert

Andrew Coyne

Allan Gregg

Susan Ormiston

There's no other place to be on Election Night.

CBC News is the only place offering you 360 degree election coverage. Turn to Peter Mansbridge, the CBC News election team, political insiders, pundits and correspondents. They'll set the scene and examine what's at stake highlighting what to watch for as results come in. With CBC News you get your election news full circle - how, when and where you want it. Your vote. Your decision. Your news.

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Sitara Hewitt

Manoj Sood

Gavin Crawford

Geri Hall

Don Ferguson

TONIGHT at 6:30 pm & 7 pm on CBC Newsworld

HD

For the first time, CBC News' election coverage is broadcast in High-Definition. Viewers will get the best picture yet including a graphic display never-before-seen in Canada.

TV

CBC Television and CBC Newsworld give viewers the most dynamic election night coverage in the country, with up-to-the-minute results, analysis and commentary. LIVE from our election headquarters and with reports from across the country. Following the night's results, stay with host Gloria Macarenko and CBC News for "After The Vote" reaction and analysis.

Led by Michael Enright and Kathleen Petty - and joined by senior political reporters and analysts - CBC Radio One reports the results as polls close across the country.

Up-to-the-minute national and regional election results with detailed riding-by-riding vote counts, plus news and analysis from trusted reporters and your comments. Starting at 7 pm.

cbcnews.ca/canadavotes

CBCnews

Prime minister's salary has skyrocketed

The salary of the prime minister has jumped 130 per cent over the last 20 years. In 1988, a prime minister made a base salary of $66,600. In 2008, the base salary of a prime minister is $155,400. METRO NEWS SERVICES

Election 2008

Liberal

Dion attempts to rally the left

CAUSE After 37 days on the high wire of a national leader's campaign, Stéphane Dion appeared relaxed and upbeat as he tried to rally leftist and Green voters to his cause yesterday.

Dion, who conducted a cross-country "whistle-stop" tour on the final lap, seemed relieved to have slowed what was shaping up as a Conservative landslide five weeks ago.

Overcoming a weak, disorganized start, Dion gradually honed his message and improved his wobbly speaking style, culminating in a performance in the televised leaders' debates that did much to repair his image with voters. By yesterday, pollsters were in agreement that Dion, while having only a slim chance at a Liberal victory today, had most likely managed to deprive Conservative Leader Stephen Harper of his coveted majority mandate.

TORSTAR NEWS SERVICE

Ridings of the leaders – 2006 election results

Stéphane Dion

DISTRICT: Saint-Laurent-Cartierville
Stéphane Dion (Liberal) — 25,412
William Fayad (BQ) — 6,192
Ishrat Alam (Conservative) — 5,590
Liz Elder (NDP) — 3,279
Gilles Mercier (Green) — 1,810
Fernand Deschamps (Marxist-Leninist) — 177

Stephen Harper

DISTRICT: Calgary Southwest
Stephen Harper (Conservative) — 41,549
Mike Swanson (Liberal) — 6,553
Holly Heffernan (NDP) — 4,628
Kim Warnke (Green) —4,407
Larry R. Heather (CHP) — 279

Gilles Duceppe

DISTRICT: Laurier-Sainte-Marie
Gilles Duceppe (BQ) — 26,773
François Grégoire (NDP) — 8,165
Soeung Tang (Liberal) — 6,095
Dylan Perceval-Maxwell (Green) — 4,064
Carlos De Sousa (Conservative) — 3,124
Nicky Tanguay (Marijuana) — 338
Jocelyne Leduc (Independent) — 157
Ginette Boutet (Marxist-Leninist) — 137
Evelyn Elizabeth Ruiz (Communist) — 100

Jack Layton

DISTRICT: Toronto-Danforth
Jack Layton (NDP) — 24,412
Deborah Coyne (Liberal) — 17,256
Kren Clausen (Conservative) — 4,992
Al Hart (Green) — 3,583
Marcell Rodden (Marxist-Leninist) — 172

Green party Leader Elizabeth May did not run in the 2006 federal election. She is running in Nova Scotia Central Nova against Peter MacKay (Conservative incumbent), Paul Kemp (Canadian Action Party), Mary Louise Lorefice (NDP) and Michael MacKay (Christian Heritage Party). The Liberals are not running a candidate in the Central Nova riding.

News in brief

GREEN PARTY Green Leader Elizabeth May ended her campaign yesterday in Nova Scotia by serving up Thanksgiving prayers and turkey dinners to mainly low-income people in a church basement. It was a fitting campaign finish for a deeply religious woman hoping today for what some observers would describe as a miracle — the election of the first Green MPs. May has little time for naysayers: "The world of pundits is drinking its own bathwater," she says. A would-be Anglican minister, May says she was sustained throughout the campaign by the New Testament words, "Fear not." And she boldly predicts up to eight seats. Two are in Ontario (Guelph and Bruce-Grey-Owen Sound), four in British Columbia, one in Nunavut and one in Nova Scotia — the Central Nova riding where she's in an uphill battle to unseat Defence Minister Peter MacKay, the incumbent for the past 11 years.

TORSTAR NEWS SERVICE

NDP

Layton's message remains the same

ESTABLISHMENT NDP Leader Jack Layton spent the day yesterday in the Greater Toronto Area, finishing up the election campaign as he started, railing against the establishment, including the big banks and oil companies, and promising to support middle-class and working families.

From St. John's to Vancouver and north to Nunavut, he promised to protect jobs, halt corporate tax cuts, bring in a buy-Canadian policy, concentrate on a fair trade deal not free trade, relax immigration rules, hire more nurses and doctors and bring in a pharmacare program, among other things. The additional spending, he said, would be paid for by the rolling back of a $50-billion corporate tax cut already planned by the Tories.

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'Hippie' apes not so peace-loving after all, researchers say

Despite their reputation as lovers, not fighters, of the primate world, bonobos actually hunt and eat other great apes, German researchers said yesterday. Their findings, the first direct evidence of hunting by the so-called "hippie" apes, show that such behaviour is not linked to male dominance, as females rule bonobo society. REUTERS

World

Official squeezed out

A senior official in Sudan who ordered a crackdown on young women wearing tight trousers has been sacked, officials said Saturday. Police arrested scores of women — many on their way home from church — in the capital city of Juba last week on charges of disturbing the peace. Officers said their choice of clothing proved they belonged to youth gangs. REUTERS

U.S. to buy $250B in bank stakes

The U.S. government agreed yesterday to take $25-billion stakes in several big banks in a bid to shore up the banking system and arrest the financial crisis, sources familiar with the situation said.

The move came after Britain, Germany, France and other European countries pledged more than one trillion euros (US $1.36 trillion) to bolster their banks.

Officials will announce further details of the U.S. plan today at 8:30 a.m.

The Dow Jones industrial average, which closed last night at 9387.61, and the S&P 500 index raced to an 11 per cent gain, their biggest ever. Wall Street recorded its worst week in history last week.

Stocks worldwide added more than $1.7 trillion in value, based on a record 9.3 per cent gain in the MSCI world equity index.

Banks pledge aid

- The U.S. Federal Reserve, the European Central Bank, the Bank of England and the Swiss National Bank said they would lend commercial banks as much U.S. dollar liquidity as they needed.

Treasury Secretary Henry Paulson agreed to spend $250 billion on equity stakes in U.S. banks and agreed to a three-year guarantee of bank-to-bank lending, an about-face from a previous U.S. focus on buying bad debt from banks.

The government would take $25 billion in preferred stock in Bank of America, Wells Fargo, Citigroup, JP-Morgan Chase, Goldman Sachs, Morgan Stanley and Bank of New York, the sources said.

REUTERS

Seoul **Flames at protest**

REUTERS/JEE JAE-WOON

Conservative right-wing protesters burn a portrait of North Korean leader Kim Jong-il during an anti-North Korea protest held near the U.S. embassy in Seoul yesterday.

Bush signs tougher piracy bill

CONTRABAND U.S. President George W. Bush signed into law yesterday a controversial bill stiffening penalties for movie and music piracy at the federal level.

The law also creates an intellectual property czar who will report to the president on how to better protect copyrights domestically and internationally.

The Recording Industry Association of America and Motion Picture Association of America backed the bill.

Critics argue the measure goes too far and risks punishing people who have not infringed. REUTERS

News in brief

ISRAEL President Shimon Peres called yesterday for reconciliation between the Arabs and Jews in the city of Acre. Five days of rioting followed after an Arab drove into a mostly Jewish neighbourhood, disturbing the start of the Jewish holiday Yom Kippur, and fights broke out.

CANCER Spanish-speaking Latinas are less likely have reconstructive surgery following a mastectomy for breast cancer, researchers say. The breast reconstruction rate for Spanish-speaking Latinas in the U.S. was 13.2 per cent — significantly lower than other groups. REUTERS

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Christians in northern Iraqi city fearful after deaths in area

Iraqi Christians fleeing attacks in the northern city of Mosul pleaded for protection from what they described as a systematic plan to drive them out of the area. Officials say between five and 14 Christians have been killed in Mosul in recent days. Houses have been blown up and shopkeepers have been shot. REUTERS

News in brief

CALIFORNIA Brush fires roared out of the the northern fringe of Los Angeles yesterday, destroying dozens of homes and threatening hundreds more. Two people have been killed, and a state of emergency has been declared in Los Angeles and Ventura counties.

PAKISTAN More than 40 Islamist militants and two soldiers have been killed in fighting near the Afghan border. Pakistani security forces in recent months have been locked in battles with militants in the Bajaur ethnic Pashtun tribal region as well as the nearby Swat Valley. REUTERS

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Bolivia 'Yes' to referendum

REUTERS / DAVID MORALES

President Evo Morales holds a copy of a new Bolivian constitution yesterday during his speech in Caracollo, about 190 km south of La Paz. Thousands of Morales supporters gathered in Caracollo to start a march toward La Paz to pressure congressmen to allow a referendum to approve a new constitution.

Who will slash corporate taxes?

Obama, McCain would both shut business loopholes: Expert

Republican John McCain and Democrat Barack Obama often tangle over taxes, but a tax expert said yesterday that both would raise corporate taxes.

On the White House campaign trail, McCain portrays Obama as an eager supporter of higher taxes who is unwilling to buck his own party, while Obama often charges that McCain's policies would help the wealthy and strand blue-collar workers.

"Both of them would raise taxes by closing some loopholes that allow corporations to reduce their taxable income," said Roberton Williams, a research associate at the nonpartisan Tax Policy Institute.

Both candidates are jockeying to persuade voters that they will best help struggling Americans. But which candidate will slash taxes on small businesses? The answer depends on how much the business owner makes.

While Obama has proposed tax cuts for those making less than US $250,000, he would remove personal income tax cuts that benefit those earning more than $200,000 a year and married couples earning more than $250,000.

McCain paints that as a tax increase on both the wealthy and small businesses. But only two to three per cent of small businesses would feel Obama's tax increases, Williams said. REUTERS

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Universal to distribute DreamWorks films
Universal Studios has reached an agreement to distribute films by DreamWorks SKG in its new partnership with Reliance ADA Group of India, taking an eight per cent distribution fee on roughly six films per year, over seven years. REUTERS

Business

Barrel rebound

The price of oil yesterday rose more than four per cent, or $3.49 US to $81.19 a barrel, as global markets rallied after European governments launched bailout schemes to shore up banks. One analyst said bank bailout packages helped stabilize markets and investors are now following them higher. REUTERS

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Business in brief

SURPLUS China posted a record high trade surplus of US $29.3 billion on export growth in September, despite a global slowdown. Falling oil and commodity prices reduced import costs too. The good news could have officials rethinking planned fiscal stimulus policies.

EARNINGS Manulife Financial said it expects credit losses related to the global financial crisis to cut earnings by $250 million in the third quarter, due to exposure to Lehmans and American Insurance Group and spending $50 million to strengthen reserves. REUTERS

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Green tech could be next victim of crisis

A squeeze in lending and fears that a global recession will continue to push down fossil-fuel prices could prove a major setback for the development of clean energy and deployment of green technologies.

If the cost of debt financing jumps, "it will throw a lot of projects out of whack," said Nicholas Parker of investment firm Cleantech Group.

There are fears that clean-energy initiatives — from biogas systems to solar farms to ethanol plants — will grind to a halt as lenders grow more discriminating. Difficulty in estimating costs could artificially inflate energy costs too.

Alex Winch, president of solar-energy provider Mondial Energy Inc., said smaller projects will likely take a bigger hit as money flows to larger-scale projects seen as less risky.

"At some point these projects go from thin (margins) to not viable."
Alex Winch

He said dozens of projects under Ontario's standard offer program, which supports the development of alternative energy projects, could soon be in trouble. "I wouldn't be surprised to see some of the announced projects get mothballed," said Winch, adding that Mondial will also feel some impact. "At some point these projects go from thin (margins) to not viable." TORSTAR NEWS SERVICE

Australia Guarantee offered

REUTERS/TIM WIMBORNE

A woman talking on a cellphone passes a bank advertising sign in Sydney's central business district yesterday. Australian shares rallied 5.5 per cent yesterday, clawing back some of last week's 16 per cent loss, with the top banks lifted after the government extended a blanket guarantee to all bank deposits.

GM closes plants, could seek merger

AUTOS General Motors Corp. is reportedly exploring options ranging from a merger with Ford or Chrysler to federal funding in order to ride out a sales downturn.

GM plans to close two plants in Wisconsin and Michigan by 2009. Union officials at the Oshawa, Ont., plant said GM has not pushed forward the facility's July 2009 closure.

GM is also seeking expedited access to its share of a US $25-billion loan. REUTERS

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United withdraws bid for Diebold

United Technologies Corp. withdrew its US $2.64 billion bid for Diebold Inc. yesterday, complaining that management of the No. 2 maker of automated-teller machines had rebuffed its negotiation efforts after its initial $40-per-share offer. REUTERS

Global crisis may limit OPEC's oil price options

A looming global recession could make even aggressive members of OPEC more tolerant of cheaper oil, but the group still needs to cut output by early next year to control swelling stocks and insure against a price collapse.

Already top exporter Saudi Arabia has begun to pare back production in line with expectations of lower demand, which last week pushed oil to a 13-month low below $80 US a barrel, nearly 50 per cent down from the July peak of $147.27 for U.S. crude.

"'What is the highest price the market can profitably pay?' is the real question," said Serene Gardiner of Standard Chartered Bank.

"Expectations of what oil producers can get for their oil have shifted along with events in the financial world."
Serene Gardiner, Standard Chartered Bank

"Expectations of what oil producers can get for their oil have shifted along with events in the financial world. It's bad for business to add oil to the fire, so to speak. And as such we have noticed a shift in rhetoric."

Ahead of an emergency OPEC meeting called for Nov. 18, Standard Chartered Bank has said the level the exporters' group would "vigorously defend" was $80 a barrel.

An OPEC source said member countries were unlikely to cut unless the price of crude fell below $80 a barrel. REUTERS

Nikkei soars on rescue promises

MARKETS Japan's Nikkei average soared 13 per cent after U.S. shares soared, with stocks climbing across the board in the wake of international government pledges to pour cash into struggling banks and restore confidence in the global financial system.

The benchmark Nikkei ended the morning up 13.04 per cent, erasing losses on Friday when it posted its biggest one-day loss since the 1987 stock market crash.

It rose 1,079.13 to 9,355.56.

The broader Topix rose 12.7 per cent to 947.47, a gain of more than 100 points.

"It's not a question of individual stocks today, we'll see strong rises across the board"
Hiroichi Nishi, Nikko Cordial Securities

One stock to watch will be Mitsubishi UFJ Financial Group after it completed a US $9 billion investment in Morgan Stanley.

The deal by Japan's biggest bank sent Morgan Stanley shares soaring and helped drive a Wall Street rally in financial shares.

"We've got lots of good factors here — the Wall Street rally, a surge in Nikkei futures in Chicago, and a recovery of the dollar against the yen," said Hiroichi Nishi, general manager at the equity division of Nikko Cordial Securities.

"It's not a question of individual stocks today, we'll see strong rises across the board."

The dollar was fetching around 102.16 yen in early Asian trade after rising more than one per cent against the yen yesterday, when Japanese markets were closed for a holiday. REUTERS

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Business in brief

FUNDING The Bank of Canada should follow the U.S. Federal Reserve's lead and create a provisional funding facility for commercial paper because banks and companies are struggling to access short-term credit, BMO's chief economist said. Sherry Cooper said the federal government's plan last week to buy up $25 billion in residential mortgages would help shore up mortgage lending, but it wouldn't solve the liquidity crunch in short-term credit markets. TORSTAR NEWS SERVICE

HOUSTON While the ill wind of economic turmoil sweeps across America, Houston has been shielded by a combination of low housing prices, a sagging U.S. dollar and surging profits for energy companies based here. The fourth-largest city in the U.S. is on track to register one of the fastest-growth rates of any U.S. city this year, as the number of jobs grows and housing prices hold steady. A flood of development has included a new stadium, light rail and park. REUTERS

Morgan Stanley up on MUFG deal

BANKS Morgan Stanley stock nearly doubled after Japan's Mitsubishi UFJ Financial Group Inc. (MUFG) completed its US $9 billion investment in the bank yesterday.

U.S. government support helped Morgan nail down a critical deal that many investors had feared could fall apart.

"It's different terms, but it's done, and I think people should breathe a sigh of relief that it's done."
Peter Boockvar, Millar Tabak & Co.

Morgan Stanley shares soared as much as 97 per cent after Japan's largest bank bought a 21 per cent stake one day earlier than expected. Last week, the New York bank's stock plunged by more than half amid fears that Morgan, forced to wait five days before completing the deal, might not survive the crisis.

"It's different terms, but it's done, and I think people should breathe a sigh of relief that it's done," said Peter Boockvar, equity strategist at Miller Tabak & Co. in New York.

Merrill Lynch analyst Guy Moszkowski raised his rating on Morgan Stanley to "buy," citing the capital infusion and saying the shares were "cheap" at 50 per cent of book value.

But Fitch Ratings yesterday cut its long-term issuer default rating on Morgan Stanley by two notches to "A," or sixth-highest investment grade. It also downgraded the long-term senior debt to "A" and the subordinated debt to "A-minus," or seventh-highest investment grade.

Fitch said it expects the current stresses on the bank's core business to continue for some time. REUTERS

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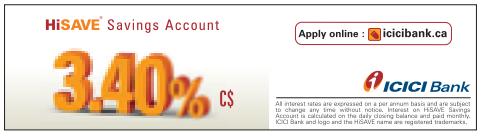

Know the good from the bad and the plain ol' ugly

Yes, it's OK to have debt — so long as it's the right kind

SmartCookies

Let's be real — most of us carry some form of debt. These days we all seem desperate to understand how to manage our debt, pay it down, and get rid of it all together.

Just last week in New York, while promoting our new book, The Smart Cookies' Guide to Making More Dough, we were asked if it was ever OK to have debt.

Our answer, of course, was "Yes, if it's 'good' debt." There's good debt, there's bad debt and then there's just plain ugly debt. Being a smart cookie means you can differentiate between all three.

The good

Good debt is investment debt that creates value. Some examples include mortgages and student loan or business loans.

Many students head off for school with their first credit card in hand, and if they're using that card to purchase items that will further enhance their education then that's an investment and that's considered good debt.

Credit cards can be a great tool if you're mindful about not only which cards you carry but what the interest rate and terms are.

The bad

Bad debt is purchasing something that goes down in value immediately after you swipe your card. If that same new student is racking up her card on shoes and a designer bag to tote her textbooks around in, then, well, that's bad debt.

Many of us fall into the trap of carrying consumer debt on our cards that ends up costing us more then what the item is worth by the time we are done paying interest.

The ugly

Store credit cards and points cards can carry the highest interest rates out there. We get sucked in to thinking we are going to be saving 10 to 20 per cent up front if we open up a new card. However, if you don't pay the balance in full at the end of every month your savings are destroyed by the high interest rate on the card. When you pay by credit card, it's far too easy to spend more than you can afford. Every month that you are only making a partial payment on your credit account, you are charged interest.

"Good debt is investment debt that creates value. Some examples include mortgages and student or business loans."

The item you purchased continues to lose value, and the amount you paid for it continues to increase.

The bottom line is that if you're going to buy something that doesn't go up in value and you can't afford to pay cash — or to pay your card off in full every month — then you might want to think twice.

Visit *smartcookies.com* for more tools that will help you become debt free. If you have questions related to your debt, e-mail us at smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

If a new post-secondary student is using her first credit card on items that further her education, then that's good debt, say the Smart Cookies. If she's buying designer handbags in which to carry her textbooks, that's bad debt. This file photo is of a bag from Coach's Hamptons Vintage Carryall line.

COACH

Can a plummeting portfolio reduce taxes?

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

Q My wife and I are in our mid-50s with two children in university. I avoided the stock market for most of my adult life, but for the past three years, against better judgement, I invested most of my retirement savings in the market. Can I use the decrease in the value of my portfolio to reduce my taxes in 2008?

Ben

A Sale of stocks that have decreased in value is generally considered a capital loss for tax purposes.

Capital losses can be used to reduce capital gains in the current year. Excess capital losses can be carried back three years or alternatively to subsequent years.

Investment losses or gains inside RRSPs cannot be claimed as they are tax sheltered. Outside-RRSP investments must be sold before making a claim.

Canada Revenue Agency does not allow a claim for circumstances where stocks have devalued and there is no sale or disposition. Financial experts call this a paper loss, as you haven't lost money until you've locked in the loss and sold.

Henry Choo Chong, CGA provides professional accounting and taxation solutions, choochonghcga@yahoo.ca.

As General Manager at Paterson Countertops, a family owned company, Jon Irwin's responsibilities cover almost all aspects of the business. Since September 2007, Jon has been enrolled in the **CMA Program.**

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Assessing the merits of an RSP swap

SAVINGS Like many Canadians, you likely have most if not all of your retirement savings inside your Retirement Savings Plan (RSP).

However, different types of investment returns are taxed differently. You could be missing an opportunity to improve your post-tax returns by holding the right investments inside and outside your RSP.

In other words, it might be time for an RSP "swap."

There are two types of investments that should be considered for a swap. From a tax perspective, it can benefit you to keep investments that generate capital gains or dividends from Canadian corporations ("Capital A") outside your RSP, and to keep fully taxable interest-generating investments ("Interest B") inside it.

"This strategy is particularly beneficial to those who maximize their RSP contribution every year and who also regularly invest outside a retirement plan," says Patricia Lovett-Reid, senior vice president, TD Waterhouse Canada Inc.

Let's assume you currently hold mostly "Capital A" investments inside your RSP and mostly "Interest B" investments outside it. In other words, you are not making the most of tax efficiency — and you are not alone.

This is what a great many Canadian investment portfolios look like.

Help is on the way. Current tax laws allow you to swap a "Capital A" investment with an "Interest B" investment, as long as three conditions are met.

First, you need to have a self-directed RSP. Second, the "Capital A" asset and "Interest B" asset you plan to swap must be equal in value. And third, the "Interest B" that is headed for your registered plan has to be RSP-eligible.

Under these conditions, the swap won't count as an RSP contribution and won't affect your RSP contribution room. And the asset moved from your RSP into the non-registered portfolio ("Capital A" in our example) won't be taxed.

After the swap, "Interest B" will grow tax-free inside your RSP and "Capital A" will be subject to tax from the day of the transfer. If "Capital A" generates capital gains from that point on, half the gain must be included in income in the year that the investment is sold.

However, gains made by "Capital A" up to the date of transfer will remain in the registered plan and will not be subject to tax until the funds are withdrawn from the plan.

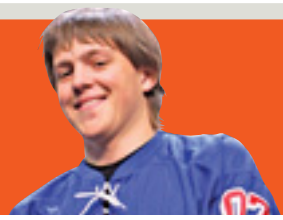
"There may still be tax consequences as a result of an asset swap, especially if the value of the asset being swapped into your RSP has grown considerably over its 'book value', which is the asset's price when you purchased it," continues Lovett-Reid.

"That's why I urge anyone thinking of doing a swap to talk to a financial professional first .Then you can be sure that you will be making the best move possible."

NEWS CANADA/
TD WATERHOUSE CANADA INC.

Warriors suspend injured Ellis
The Golden State Warriors suspended recently re-signed guard Monta Ellis for 30 games without pay on Saturday for violating his player contract. Ellis, who signed a six-year, $66-million contract in July, underwent successful surgery on his left ankle after an accident he sustained while driving his moped — a restricted activity in his contract. METRO NEWS SERVICES

Sports



Cherepanov dies suddenly

New York Rangers prospect Alexei Cherepanov died yesterday at the age of 19 after collapsing on the bench during a game in Russia. Cherepanov was playing as a forward for Avangard Omsk of the Kontinental Hockey League. Details on what caused the collapse have not yet been released.
METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Capitals punish Canucks

NHL RESULT
Capitals 5 | Canucks 1

VS

SCOTT RINTOUL
scott.rintoul@metronews.ca

BRUCE BENNETT/GETTY IMAGES

Derek Roy #9 of the Buffalo Sabres celebrates a power play goal by Thomas Vanek #26 against the New York Islanders on October 13, 2008 at the Nassau Coliseum in Uniondale, New York. The Sabres defeated the Islanders 7-1.

THE SKINNY: Alexander Semin and Michael Nylander combined for three goals and five points as the Canucks were slapped with Capitals' punishment in Washington. Despite a rare pointless night from superstar Alexander Ovechkin, the result was never in question as the Capitals dominated play from the opening whistle. A late flurry of shots saved Vancouver from achieving franchise futility, as the Canucks' ten shots were two more than their all-time low.

THE EVIDENCE: Want proof that the Capitals were in control? Washington defenseman Mike Green gave the puck away five times; that's one more than the entire Canucks' contingent. Which team do you think had the puck more?

THE STREAKS: ... are over. Washington's win was the first regulation victory against Vancouver in over ten years. It also marked the first time Roberto Luongo was unable to salvage a point in his last 11 outings against the Caps.

THE GREATS: Semin was the better of Washington's Alexanders on the night, scoring two goals and providing a dominant early shift that swung the momentum in the home side's favour for good.

THE REPAIRMAN: Curtis Sanford stopped all 10 shots he faced in his first action of the season after relieving Luongo with a period to go.

THE NEXT GAME: It's a showdown in Motown as the Canucks are in Detroit to play the Stanley Cup Champs on Thursday.

Sports in brief

NHL The Los Angeles Kings placed defenseman Jack Johnson on injured reserve yesterday, and claimed defenseman Kyle Quincey off waivers from Detroit. Johnson suffered a shoulder injury in Sunday's 1-0 loss to the San Jose Sharks, and after surgery, is expected to miss two to three months. To fill the roster spot, the Kings claimed Quincey in a waiver deal from the Red Wings.

NHL The Boston Bruins dealt 27-year-old defenceman Andrew Alberts yesterday to the Philadelphia Flyers for forward Ned Lukacevic and a fourth-round pick in the 2009 NHL Entry Draft. The 2009 fourth-round pick will turn into a 2009 third-round selection if Philadelphia re-signs Alberts at the end of his contract. The defenceman's deal expires on June 30, 2009.
METRO NEWS SERVICES

TORONTO Brad Boyes scored the game-winner in the shootout as the St. Louis Blues downed the Toronto Maple Leafs, 5-4, at Air Canada Centre. The Leafs gave up a 3-1 lead following a five-minute penalty to Ryan Hollweg for hitting from behind.

BUFFALO Thomas Vanek scored twice as the Buffalo Sabres crushed the New York Islanders, 7-1, at Nassau Coliseum.

RANGERS Aaron Voros notched a pair of goals and an assist as the New York Rangers downed the New Jersey Devils, 4-1, at Madison Square Garden, continuing their undefeated and torrid start to the season.

MONTREAL Roman Hamrlik finished with a goal and one assist as Montreal used a four-goal third period to shake off Philadelphia, 5-3, at the Wachovia Center.

DETROIT Tomas Holmstrom's power-play goal gave Detroit the lead in the second period and Ty Conklin made 27 saves as the Red Wings beat Carolina, 3-1, dealing the Hurricanes their first loss of the season.
METRO NEWS SERVICES

Hammered by homers

MLB B.J. Upton and Rocco Baldelli each hit a three-run homer as Tampa Bay crushed Boston, 9-1, in Game 3 of the American League Championship Series at Fenway Park.

Matt Garza (1-1) earned the win by going six-plus innings and scattering six hits and allowing the one run, with five strikeouts and three walks.

Game 4 is scheduled for Tuesday night, again at Fenway Park. Boston's Tim Wakefield and the Rays' Andy Sonnanstine are scheduled to take the mound.

Tampa Bay Rays' Carl Crawford, right, is tagged out by Boston Red Sox catcher Jason Varitek as he tries to score on a fielder's choice groundout in the eighth inning in Game 3 of Major League Baseball's ALCS playoff series in Boston yesterday.

Phillies 7 Dodgers 5 — Shane Victorino blasted a game-tying two-run homer in the eighth, then Matt Stairs followed with a towering go-ahead two-run shot moments later, as Philadelphia rallied to take a 7-5 win and move up 3-1.

Philadelphia ace Cole Hamels will face Los Angeles's Chad Billingsley in Wednesday's Game 5.

MLB announced that seven players and coaches have been fined for their roles in the bean war.
METRO NEWS SERVICES

Romo out for a month

NFL Dallas Cowboys quarterback Tony Romo could be sidelined for up to four weeks with a broken finger, his team said yesterday.

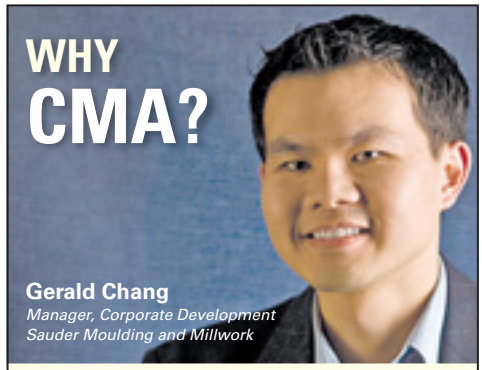
Tony Romo

The Pro Bowler broke the little finger on his throwing hand during the first play of the 30-24 overtime loss to the Arizona Cardinals on Sunday, the Cowboys (4-2) said on their website. Romo has started every regular season game since taking over from Drew Bledsoe during the 2006 campaign and completed 128-of-201 pass attempts for 1,689 yards and 14 touchdowns this season. Brad Johnson, who guided the Tampa Bay Buccaneers to the 2003 Super Bowl during his 15-season career, is expected to take over quarterbacking duties in Romo's absence.
REUTERS

Manning had two surgeries

NFL Indianapolis Colts coach Tony Dungy has backtracked on comments he made earlier this season and confirmed, after nearly two months of deflecting questions, that Peyton Manning actually had two surgeries on his knee before returning in the preseason.

Dungy dismissed the claims that Manning's second surgery may have been the reason the Colts had a sluggish start this season.
METRO NEWS SERVICES



Earning the distinction of being the youngest Manager in his company's 80 year history, Gerald Chang's experience spans from being a Financial Analyst, to a Business Development Manager for a Beijing consulting company to his current position as Manager, Corporate Development with Sauder Moulding and Millwork. Gerald began the **CMA Program** in September 2007.

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For more information on the CMA Program contact Jameel Dawood: 604-687-5891 or Jameel@cmabc.com.

Magloire likely to miss six to eight weeks

The Miami Heat confirmed yesterday that center Jamaal Magloire will reportedly miss at least six to eight weeks after breaking a bone in his left hand in the team's preseason game against the New Jersey Nets in Paris, France. METRO NEWS SERVICES

Anthony Calvillo an MVP (mea culpa)

YorkReport

Marty York
marty.york@metronews.ca

The CFL's best teams unquestionably exist in the West, but the league's best player is in the East.

And that's perplexing.

Anthony Calvillo, see, simply wasn't supposed to be this good this season.

In 2007, he turned in a subpar season that he didn't even complete, partly because of off-field woes that included health issues affecting his wife, who was stricken with cancer. There was rampant speculation entering this season (mea culpa) that AC, as he is known, would sputter and flutter in the twilight of his career.

He's 36, which prompted some (mea culpa) to suggest AC stands not only for his name but for what he is — an Aging Codger.

Yet, as Calvillo led the Als to a romp over the Hamilton Tiger-Cats yesterday, it became clear that he has never in his 15-year-old career played any better than this season.

AC is on pace to record a mind-boggling 6,000 yards in passing this season.

He already has thrown for a personal-best 38 touchdowns.

Under his leadership, the Als clinched top spot in the East long ago and need only to win the Eastern final on Nov. 15 before appearing in the Grey Cup game right in Montreal on Nov. 23.

I suggested in a recent CFL Report at www.metronews.ca that a dominating defensive lineman, the B.C. Lions' Cameron Wake, should be chosen the league's outstanding player this season. I was premature. AC is the Absolute Choice.

• While Calvillo flourishes, however, his old coach is struggling lamentably, and sources suggest Don Matthews will not be retained after this season.

While he has more wins than any coach in CFL history, Matthews is 0-5 since rejoining the Argonauts this season and, dating back to his Montreal days, has won only once in his past 12 games.

His Argos are all but mathematically out of playoff contention and let's just say he's no Cito Gaston when it comes to Toronto comebacks.

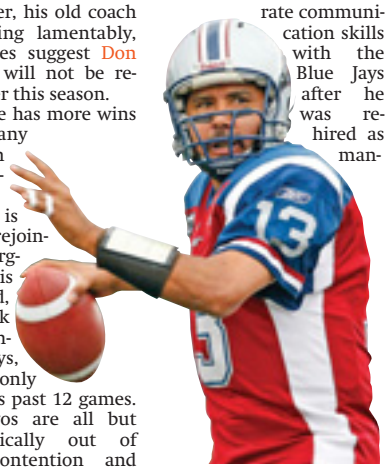
Gaston exhibited first-rate communication skills with the Blue Jays after he was rehired as manager. Matthews, at 69, has lost his communication skills.

"It's like he's on a different planet," one of the Argos told me. "He's not even close to what he used to be."

• Baseball superstar Alex Rodriguez and his wife, Cynthia Rodriguez, are in the final stages of their divorce and have put their Florida house up for sale.

Their asking price: $14.876-million U.S.

Their house, near Fort Lauderdale, has six bedrooms, seven full baths, an Olympic-sized swimming pool and a four-car garage. They bought the house in 2004 for $12-million.



Anthony Calvillo

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Grey Cup halftime

• The CFL is turning to Canadian stars for the Grey Cup halftime show on Nov. 23. Performing will be Theory of a Deadman, Suzie McNeil and Andrée Watters. American Lenny Kravitz starred in last year's game in Toronto.

Cleveland hammers N.Y. Giants

NFL Derek Anderson threw for 310 yards and a pair of scores to lead a potent offensive attack, and the Browns picked off Eli Manning three times, on the way to a 35-14 thrashing of the New York Giants, handing the defending Super Bowl champions their first loss of the season.

Anderson completed 18-of-29 passes but it was Eric Wright that had the back-breaking interception for the Browns, returning the ball 94 yards for a score with 8:07 remaining in the final quarter.

METRO NEWS SERVICES

SCOREBOARD

MLB

LEAGUE CHAMPIONSHIP SERIES
BEST OF SEVEN
AMERICAN LEAGUE
Tampa Bay vs. Boston
LAST NIGHT'S RESULT
Tampa Bay 9 Boston 1
TUESDAY, OCT. 14
Tampa Bay at Boston, 5:07
THURSDAY, OCT. 16
x-Tampa Bay at Boston, 5:07
SATURDAY, OCT. 18
x-Boston at Tampa Bay, 1:37
SUNDAY, OCT. 19
x-Boston at Tampa Bay, 5:07
(Tampa leads series 2-1)
NATIONAL LEAGUE
Philadelphia vs. L.A. Dodgers
LAST NIGHT'S RESULT
Philadelphia 7 L.A. Dodgers 5
WEDNESDAY, OCT. 15
Philadelphia at L.A. Dodgers, 5:22
FRIDAY, OCT. 17
x-L.A. Dodgers at Philadelphia, 5:22
(Phillies lead series 2-1)
x — only played if necessary.

NHL

YESTERDAY'S RESULTS
St. Louis 5 Toronto 4 (SO)
Buffalo 7 N.Y. Islanders 1
Detroit 3 Carolina 1
Vancouver 5 Washington 1
Montreal 5 Philadelphia 3
N.Y. Rangers 4 New Jersey 1
Nashville 3 Chicago 2

CFL

YESTERDAY'S RESULTS
Calgary 42 Saskatchewan 5
Montreal 42 Hamilton 11

NFL

YESTERDAY'S GAME
Cleveland 35 N.Y. Giants 14

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Sports in brief

NBA The Philadelphia 76ers announced on Monday that the club has exercised the third-year options on the contracts of forwards Jason Smith and Thaddeus Young.

METRO NEWS SERVICES

Whitecaps crowned USL champs

SOCCER Vancouver Whitecaps FC claimed their second United Soccer Leagues First Division championship in three seasons after a thrilling 2-1 victory over Puerto Rico Islanders on Sunday afternoon.

In front of a sold-out and enthusiastic Swangard Stadium crowd, Charles Gbeke became the Whitecaps hero, as he scored twice with his head in the second half to secure Vancouver's first league title since the USL-1 Championship Final success of 2006 when The Blue and White defeated hosts Rochester Rhinos 3-0 at PAETEC Park.

Despite a Puerto Rico equalizer from the head of Sandy Gbandi midway through the second half, it was the Whitecaps that had more quality chances, as head coach Teitur Thordarson led his side to triumph over this season's regular season champions in his first year in charge of the club.

The result also extended Vancouver's undefeated run over the Islanders at home, with the final being the first ever to be contested between two USL-1 clubs that are based outside of the United States.

In what was the club's first championship match at Swangard since the 1992 Canadian Soccer League final, Thordarson made just one change to the side that defeated Montreal in the playoff semifinals.

After being suspended for last Sunday's 2-0 win over the Impact, goalkeeper Jay Nolly returned to starting in place of Tyler Baldock, who claimed the clean sheet in his first-ever professional start last weekend.

METRO NEWS SERVICES

SUBMITTED

Whitecaps FC players and staff celebrate their USL championship win at Swangard Stadium on Sunday.

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ROGERS

Gene discovery may help hunt for blindness cure

Scientists have discovered a gene mutation linked to the most common cause of blindness in the developed world, holding out the prospect of better treatments and perhaps eventually a cure. REUTERS

Health

Live Clean expands eco offerings

Live Clean, a vegan collection of hair, hand and body products launched just a year and a half ago, has added seven new items to its lineup. These include the Fresh Water Moisturizing Body Wash ($6.99), far left, Green Earth Firm Hold Styling Mousse ($6.99) and the Sweet Pea Moisturizing Liquid Hand Soap ($4.99). Live Clean products are available at Shoppers Drug Mart, Wal-Mart, PharmaPlus and Loblaws stores across Canada. METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Baby blues is quite common, it can occurs in as many as 50 per cent of new mothers.

Differentiating between baby blues and depression

RESEARCH If you are a new mom, you might feel sad. If you do, you are not alone. A recent article in Medicine describes "baby blues" and its more serious cousins, postnatal depression and puerperal psychosis. Here's the lowdown: Baby blues is quite common. It occurs in as many as 50 per cent of deliveries. The symptoms are depressed mood, irritability and crying. These signs are transient, generally lasting from two to five days. Baby blues doesn't require treatment.

A more serious condition, postnatal depression, occurs in about five to 15 per cent of new moms. Signs are depressed mood, lack of pleasure, poor sleep, poor appetite, suicidal thoughts and self blame. Treatment might include exercise, counselling, cognitive behavioural therapy and antidepressants.

The most serious mental illness affecting new moms is puerperal psychosis. This is very rare, only affecting 0.1 per cent of new mothers. Symptoms include depression and manic behaviour, as well as delusions and hallucinations.

CELIA MILNE/FOR METRO CANADA

Unemployed? Get fit

Employment status can impact mental health

CELIA MILNE
for Metro Canada

If you are unemployed, under-employed or have a precarious work situation, now is the time to look after your health.

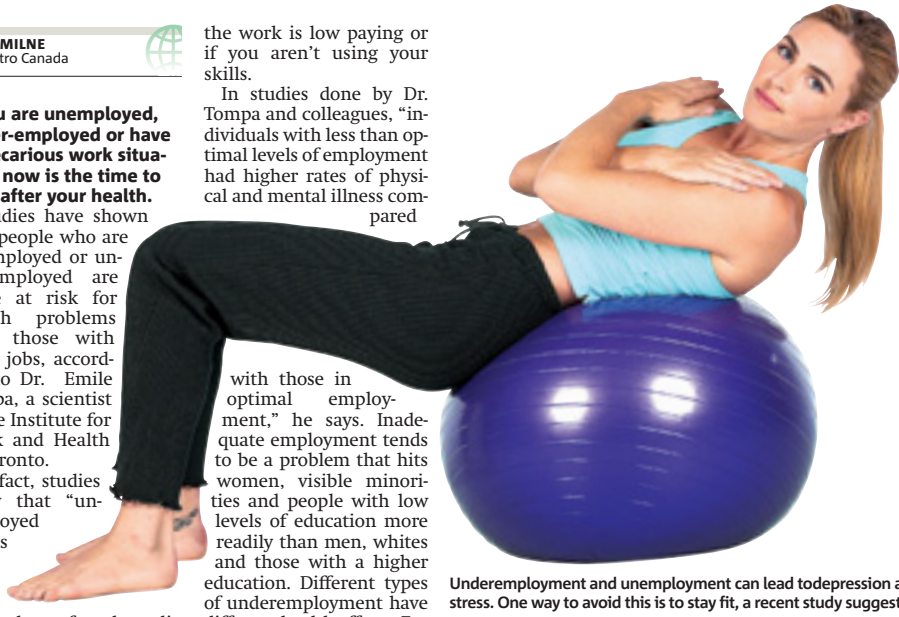
Studies have shown that people who are unemployed or under-employed are more at risk for health problems than those with good jobs, according to Dr. Emile Tompa, a scientist at the Institute for Work and Health in Toronto.

In fact, studies show that "unemployed adults have consistently been found to die earlier than employed adults," he says.

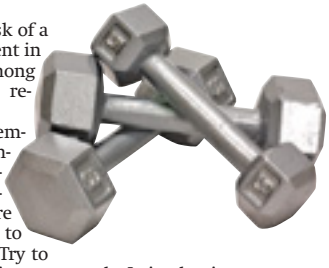
Under-employment is a problem looming for many Canadians. While employment rates in the country are still pretty strong, many of the new jobs are part-time, according to Statistics Canada. Working part-time may be considered under-employment if you'd rather be full-time, if the work is low paying or if you aren't using your skills.

In studies done by Dr. Tompa and colleagues, "individuals with less than optimal levels of employment had higher rates of physical and mental illness compared with those in optimal employment," he says. Inadequate employment tends to be a problem that hits women, visible minorities and people with low levels of education more readily than men, whites and those with a higher education. Different types of underemployment have different health effects. For instance, if you're working too few hours, this has an effect on self-esteem. If you are getting very low pay, this is associated with symptoms of depression.

Under-employment can also lead to excessive use of alcohol. In addition, there is some evidence that lack of a job can have a negative effect on cholesterol, blood pressure and body weight. "The risk of a gain of over 10 per cent in BMI was higher among unemployed adults," reports Dr. Tompa.



Underemployment and unemployment can lead todepression and stress. One way to avoid this is to stay fit, a recent study suggests.



If you are unemployed, under-employed or your employment feels precarious, there are things you can do to protect your health. Try to keep stress to a minimum and make sure you have a good social support network. It is also important to eat well, avoid substance abuse and keep fit.

Factors that add up to healthy work

Here are the factors scientists have found that add up to healthy work:

- Feeling certain that you'll keep your job.
- Control over the pace of your work flow.
- Having legal protection from unfair dismissal.
- An income and benefits that meet your needs.
- Prestige related to your work.
- A supportive workplace.
- Freedom from physical hazards at work.
- Training and career advancement opportunities.

CELIA MILNE/
FOR METRO CANADA

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In brief

BLOOD TESTS A prenatal blood test can be used to determine if an unborn baby has Down's syndrome without the small risk to the fetus posed by invasive testing methods such as amniocentesis, U.S. researchers said recently. REUTERS

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Bank note images used and altered with permission of the © Bank of Canada.

High tech bra not far off

A Smart Bra, developed by the Centre for Materials Research and Innovation at the University of Bolton in the U.K. last year, uses built-in microwave antennas to generate data about each breast. An alarm alerts the wearer about any potential cancer threat. **BEST HEALTH MAGAZINE**

Sarah Palin sex appeal

References to governor insulting signs of sexism?

The J Spot

I've only been penning this column for about a month and this is the second time I've written about Sarah Palin. But when I read that Larry Flynt, founder of Hustler, has already shot a porn video using a Sarah Palin lookalike, I couldn't help myself.

There are no less than 40 Sarah Palin videos posted on YouTube that run from the relatively innocent — "Sexy Sarah Palin shows off her sexy legs" — to the obviously cheeky but crude "I masturbated to Sarah Palin."

Type "Sexy Sarah Palin" into Google and you get 1.3 million hits describing her as everything from "America's hottest governor" to "The hot politician." There are manipulated photos of her in a stars and stripes bikini holding a rifle and apparently you can even order "Sexy Sarah Palin" Halloween costumes. Seriously.

It's been said more than once that Sarah Palin has added sex appeal to the American campaign, but this strikes me as a little over the top. Okay, way over the top.

Even Pakistani president Asif Ali Zardari had to admit he thought Palin was "gorgeous," according to a CNN report. When was the last time you heard a world leader comment on the physical appearance of another politician? I'm thinking… never.

Whatever your thoughts of Sarah Palin and however seriously you take her as a politician, the whole thing strikes me as blatantly sexist. Sure, there have been male politicians who have been known for their sex appeal: Bill Clinton, Pierre Trudeau. But I've never seen any pictures of Pete or Bill in swimwear.

When a male politician is referred to as sexy, more often then not, we are referring to his charisma, not his masturbation appeal. If a male politician winks it is hardly characterized as "semiotic sexual flirtation for middle-aged white guys" as one commentator described Palin's incessant winking during the vice-presidential debate.

The references to Sarah's sex appeal are silly and insulting at best and offensive at worst. I know it's in part because people don't take her seriously and that her almost comic-like gun-toting, gosh-darn-it-let's-get-this-done attitude is an easy target for parody and ridicule but, in a country where women make up less than 30 per cent of the political power, the fact that we think it's okay, even fun, to sexually objectify this woman reeks of pure old fashioned sexism. And, in 2008, that's not an "ism" anybody should support, whatever your political stripes.

GETTY IMAGES

There are 40 Sarah Palin videos posted on YouTube that run from the relatively innocent to the obviously cheeky but crude.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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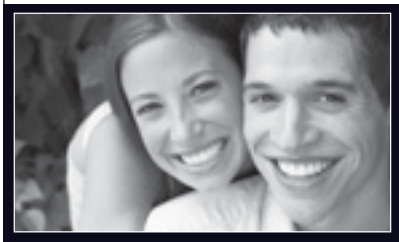

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Undergrad girls gain: Study

Students experience 'freshman five'

CELIA MILNE
for Metro Canada

In Canada girls going away to university for the first time, on average, pack on five pounds in the first half of the year.

STUDY Girls gain weight when they first go away to university. These days, it may not be quite the notorious "freshman 15," but in Canada they are, on average, packing on five pounds in the first half of the year.

Researchers at Guelph University followed 116 girls as they started first-year university. The study took place in the 2004/2005 school year. The girls were weighed and measured in August, November and March. The average weight of the girls went from 135 to more than 140 pounds.

Dr. Janis Randall Simpson (PhD), who led the study, called this weight gain "way higher than what would normally happen in this age group." The students' BMIs also went up, as well as their percentage of body fat and waist circumference.

"(This weight gain is) way higher than what would normally happen in this age group."
Dr. Janis Randall Simpson

The researchers asked the girls about their food intake and activity levels. The weight gain was largely attributed to more time spent at the computer and less time being physically active.

Walking to class, getting off the bus early and taking breaks to walk in between studying were all suggestions that girls could use to avoid the dreaded "freshman five."

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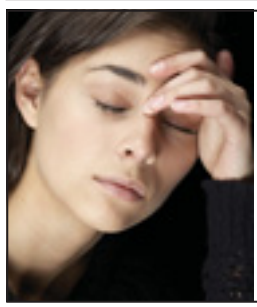

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2009 Aveo 5-Door 2LT shown.

CASH PURCHASE PRICE $11,498[†] INCLUDES FREIGHT AND PDI | OR | STEP UP TO THE AVEO[5] LT AIR AND AUTO | WITH PURCHASE FINANCING 0%[‡] FOR 72 MONTHS

50 MPG HIGHWAY[▲]

The redesigned 2009 Chevrolet Aveo[5] has even better fuel consumption than last year.[◆]

- 1.6L Ecotec® engine
- 5-speed manual transmission
- Available in 5-door or Sedan

36/50 mpg • 7.9/5.7 L/100 km (City/Hwy)[▲]

★★★★★ HIGHEST POSSIBLE U.S. GOVERNMENT FRONTAL CRASH SAFETY RATING[△]

2009 COBALT XFE

2009 Cobalt SS Coupe shown with available equipment.

CASH PURCHASE PRICE $15,498[†] INCLUDES FREIGHT AND PDI | OR | BI-WEEKLY PAYMENT $99 FOR 72 MONTHS | WITH PURCHASE FINANCING 0%[‡]

52 MPG HIGHWAY[▲]

The Cobalt XFE gets up to 10% better fuel economy than ever before.

- 155hp 2.2L Ecotec® engine
- Available in Coupe or Sedan

35/52 mpg • 8.0/5.4 L/100 km (City/Hwy)[▲]

The 2009 Chevrolet Cobalt XFE has better highway fuel efficiency than the 2009 Toyota Corolla CE.[◆]

2009 HHR

2009 HHR LS shown.

PURCHASE PRICE $20,998[††] INCLUDES FREIGHT AND PDI | OR | BI-WEEKLY PAYMENT $162 FOR 60 MONTHS | WITH PURCHASE FINANCING 0%[‡]

46 MPG HIGHWAY[▲]

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31/46 mpg • 9.2/6.2 L/100 km (City/Hwy)[▲]

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Rogen signs up for Cancer film

Seth Rogen is to appear in a medical comedy. The actor has signed up to produce and appear in I'm With Cancer, which follows the experiences of a man with the disease. FEMALEFIRST.CO.UK

Entertainment

Love interest

Salma Hayek is reportedly delighted after landing a role alongside Alec Baldwin on 30 Rock. The actress will play Elisa, a love interest of Baldwin's character Jack Donaghy. IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

weekend box office

1. **Beverly Hills Chihuahua:** $17.5 million US
2. **Quarantine:** $14.2 million
3. **Body of Lies:** $13.1 million
4. **Eagle Eye:** $11 million
5. **Nick and Norah's Infinite Playlist:** $6.5 million
6. **The Express:** $4.7 million
7. **Nights in Rodanthe:** $4.6 million
8. **Appaloosa:** $3.3 million
9. **The Duchess:** $3.2 million
10. **City of Ember:** $3.2 million

REUTERS

ABOVE: Taste of Yaletown gals Tara Padidar, left, Nicole Hall, Sara Pereira and sister Kirsten welcome guests to Tequila Kitchen.

LEFT: Cactus Club chef Rob Feenie, left, Tequila Kitchen's Claudia Ibarrondo and Plan B's Michael Batoux serve up samples as a preview to Taste of Yaletown.
RIGHT: Cindy Busby, left, and Michelle Morgan, who walk the red carpet at the Film Fest, are two of the reasons CBC's Heartland is a success.

BELOW: Gemini-nominated actress Sonya Salomaa, now starring in The Guard, poses with her newlywed husband, actor Warren Christie, at the Vancouver film festival.

Fatten up at tasty event

SocialEyes
Catherine 'Cat' Barr
info@catherinebarr.com

Now that bikini season is officially over, it's time to fatten up for winter. Well, maybe not quite — but is there any harm in treating yourself to a little indulgence this fall? If the answer is yes, then you're in luck because starting today wine and food enthusiasts can fill up at the Taste of Yaletown event. With 20-plus restaurants to choose from, and menus priced at $25, $35 or $45 dollars, how can you refuse a night out on the town? Big tip here — make sure you reserve at tasteofyaletown.com as spaces fill up fast.

And speaking of fast, it's hard to believe the Vancouver International Film Festival is over already. The event was an official success with more films, seminars and parties than one can count.

Also, a final toast to one of B.C.'s most distinguished gentlemen. George Reifel was honoured at the Four Seasons by The Nature Trust of B.C. for all his support and dedication toward conservancy. If the name sounds familiar, it should. The George C. Reifel Migratory Bird Sanctuary in Delta is part of his family's legacy, which also includes building the Commodore Ballroom.

Cat calls? Submit your event at catherinebarr.com. She can also be heard on 650 CISL AM Radio every Tuesday at 8:40 a.m.

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Use what's at your disposal

HineSight

Anne Hines

Election 2008

I want to discuss two serious and interrelated issues facing Canadians today.

The federal election and bad squirrel behaviour.

The more pressing one first. Squirrels.

Yesterday, I decided it would be pleasant to take a chair into my tiny city backyard, place it under a shady tree and drink a cup of coffee. On the grand scale of "wild and exotic ways of pursuing happiness," this didn't strike me as setting the bar too high.

Chair placed, coffee in hand I was enjoying the quiet, admiring the glitter of sunlight through leaves, when a ruckus began overhead. A squirrel was hanging sideways from a limb, chattering noisily at me.

A mangy black squirrel. Spiky fur. Bulging eyes. A squirrel equivalent of Mick Jagger. Making more fuss than Steven Harper at a subsidized arts event.

Unfazed by the criticism and complaining, I've raised teenagers after all; I continued to enjoy the fall sunshine. Eventually the thing gave up and went away.

Five minutes later, I was hit squarely on the top of my skull by a chestnut.

The squirrel was perched above, peering down, disappointment spread across its little face that I wasn't gone or dead or both.

I stood up and shook a fist. The squirrel decamped to a far branch. I returned to my coffee, telling myself smugly that brawn will always beat brains.

Trying not to think too hard where that placed me, or the squirrel.

Then, a rustling in the tree above. The squirrel peed on my head.

Wherever you go in this vast, diverse world, there are a few gestures that are universally understood. A smile means friendship. A frown indicates sadness.

And I would add to that, peeing on someone's head almost always means, "In your face."

In the battle for ownership of the five-foot patch of grass in my backyard, the score was squirrel: 1, human possessing traits which make her the master race, such as opposable thumbs and credit cards: 0.

I got up, walked with no dignity whatsoever back into the house and took four successive showers.

Which brings us to the federal election. Really.

Getting what you want in life doesn't always come down to how big you are.

Sometimes, the key is being smart enough to make use of every tool at your disposal. So today I, for one, am going out to vote. And then, I'm buying a hard hat.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

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metro Do it daily.

From Ukraine

A headline in Thursday's paper inadvertently implied that actress Olga Kurylenko is Russian. She is in fact from Ukraine. Metro regrets the error.

METRO CANADA

In brief

MOVIES The top movie at the North American box office for the three-day weekend beginning Oct. 10, was Beverly Hills Chihuahua, with $17.5 million US in ticket sales. REUTERS

Read DVD reviews, and book picks on The Thief and The Dogs, Do Gentlemen Really Prefer Blondes? and Bittersweet: Confessions of a Twice-Married Man at metronews.ca.

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10/14/08

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	251	308	3 CBC	(6:00) CBC News Special "Canada Votes 2008" Federal election. (Live) (CC)						After the Vote (N) (CC)		
	255	358	6 JOY	Decision Canada 2008 The federal election.			Decision Canada 2008 Local results.					
	254	-	8 M	Two/Half Men	Two/Half Men	Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		Metropia
	250	321	9 CTV	Election 2008 The results of the federal election. (Live) (CC)				Election Results (Live) (CC)		Corner Gas	Corner Gas	News (N)
	-	-	10 OMNI	Scrubs (CC)	According-Jim	Islam 101 (CC)		Jozi-H "Crush" (CC) (DVS)		The Daily	The Search	New Day
	252	336	11 GTV	Decision Canada 2008 The federal election.			News (CC)					News (N)
	256	389	12 VI	Election 2008 Federal election. (N) (CC)						Fringe "Power Hungry" (N)		News (CC)
	253	359	13 CITY	Law & Order: SVU		Opportunity Knocks (N) (CC)		Privileged "Pilot" (CC)		NY-Hollywood	Friends (CC)	EP Daily
	-	-	14 CW	Deal-No Deal	Deal-No Deal	90210 (CC)		Privileged "Pilot" (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Heartland" (N) (CC)		The Mentalist "Red Tide" (N)		Without a Trace "Last Call"		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser: Families (N) (CC)				Law & Order: SVU		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Three Fat Brides		Style by Jury	Style by Jury	How to Look Good Naked (N)		Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Opportunity Knocks (N) (CC)		Dancing With the Stars (CC)		(:02) Eli Stone "The Path"		News (N)
	-	-	23 KVOS	M*A*S*H	Seinfeld	Mary Shelley's Frankenstein ★★ (1994) Robert De Niro.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	About-Money	Nova "Space Shuttle Disaster"		Frontline "The Choice 2008" (Season Premiere) (N)				Independent
	290	382	28 FOX	Two/Half Men	Two/Half Men	House "Birthmarks" (N) (CC)		Paid Program	Paid Program	News (N) (CC)		Family Guy
	-	364	48 PBS	(6:00) Frontline (CC) (DVS)		My Hero	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		Nova "Space Shuttle Disaster"	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 (CC)		Privileged "Pilot" (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Will & Grace	My Wife-Kids
	297	652	37 WPX	CW11 News at Ten		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	According-Jim	Frasier (CC)	Odd Couple
	199	311	76 STR	(4:00) Election 2008 The results of the federal election. (CC)				News (N)		Late Show-Letterman		Late Late Show
news	502	390	29 NW	(6:00) CBC News Special "Canada Votes 2008" Federal election. (Live) (CC)						After the Vote (N) (CC)		
	500	500	43 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	MLB Baseball: ALCS Game 4 -- Rays at Red Sox				Sportsnet Connected		Sportsnet Connected		Sportsnet
	400	400	30 TSN	(6:30) NHL Hockey Colorado Avalanche at Calgary Flames.				SportsCentre	In This Corner	E:60 (CC)		SportsCentre
	411	457	49 OLN	Don't Forget Your Passport		Pilot Guides (CC)		Don't Forget Your Passport		Survivorman (CC)		Angry Planet
	410	403	54 SCR	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Sports Rage		Final Score
	417	406	55 SC	Super Bikes!	Super Bikes!	Pinks	Pass Time	Unique Whips		Low Life	SuperCars	Super Bikes!
	416	409	144 GLF	(6:00) Fútbol		Gol TV News		Kings Club	Kings Club	Paid Program	Kings Club	Gol TV News
family	552	543	25 YTV	Malcolm-Mid.	Home Imp.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline	Mystery Hnt.
	555	545	50 TEL	George	Scooby-Doo	Scooby-Doo	6teen	Total Drama	Futurama	American Dad	Chicken	Rick & Steve
	557	541	51 FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Gardens	Recreat. Eden	World of Albert Kahn		The Museum	Art	Death in the Forest		Health
	575	583	20 CMT	Hope & Faith	Hope & Faith	Dallas Cheerleaders		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	Be Loud on Oct 14th (N)		Degrassi	Instant Star	Pimp My Ride	Technical Diff.	disBand	Video on Trial	Degrassi
	600	564	25 H&G	Colin & Justin's Home Heist		Holmes on Homes (CC)		Sarah's House	Design Inc.	Pure Design	Style	Colin-Justin
	615	520	31 A&E	The Cleaner "Lie With Me"		The Cleaner "Lie With Me"		The First 48 (CC)		The First 48 (CC)		The Cleaner
	628	584	32 SPKE	UFC Unleashed		MANswers	MANswers	CSI: NY "Admissions" (CC)		Star Trek: Voyager (CC)		Deep Space 9
	521	560	40 TLC	Dr. G: Medical Examiner		A Life Half Full (CC)		Mystery Diagnosis (CC)		Dr. G: Medical Examiner		Things-Body
	616	522	39 SHO	About a Girl	About a Girl	The Best Years		Testees (CC)	Trailer Park	The Shield "Animal Control"		House (CC)
	620	523	00 BVO	Celtic Roots	Numus (CC)	Law & Order "Strike" (CC)		Without a Trace (CC)		RKO 281 ★★★ (1999, Drama) Liev Schreiber.		
	601	562	41 SLC	Tori & Dean: Home		Wedding SOS	In Laws	Rich Bride, Poor Bride (CC)		Tori & Dean: Home		Trading Sp
	520	505	42 DIS	Mighty Ships Vehicle carrier.		Daily Planet (CC)		Destroyed	Destroyed	Mighty Ships Vehicle carrier.		How It's Made
	522	506	44 HIS	NCIS "Eye Spy" (CC)		Outlaw Bikers Billy Queen.		Ax Men "Man vs. Mountain"		NCIS "Eye Spy" (CC)		Crime Stories
	627	528	45 SPC	Rabbit Fall	The Circuit	Stargate SG-1 "Crusade"		Lost "Born to Run" (CC)		Star Trek: Deep Space Nine		Star Trek
	294	650	47 TBS	MLB Baseball: ALCS			MLB Post	Sex and-City	Sex and-City	Die Hard ★★★ (1988) (PA) Bruce Willis. (CC)		
	619	525	48 TROP	Beverly Hills, 90210 (CC)		Planet Soap	What	Family Guy	Seinfeld	Seinfeld	King	Family Guy
	603	561	52 FN	Chef School	At the Table	Restaurant Makeover (CC)		Challenge Chocolate art.		The F Word		Chef School
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	S. Silverman	S. Silverman	Daily Show
	320	621	60 CEN	(6:30) Mistaken (2008) (CC)		Arlington: Section 60 (CC)		Trantasia ★★ (2006, Documentary) (CC)			McCullough	Film Festival
	581	566	101 MTV	Paris Hilton's My New BFF		MTV Live	After	Making the Band 4 (CC)		Paris Hilton's My New BFF		MTV Live
	261	394	102 V	A Day of Thanksgiving (CC)		MythQuest "Minokichi" (CC)		Bless-Father	On the Buses	Quantum Leap		Paid Program
	-	-	105 MUL	Matchmaker	Mom's-Upset	Officina Italian	Qui si Parla	In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

Eli Stone

So is he a nonprophet operator now? When last season ended, Eli (Jonny Lee Miller) had undergone surgery for his aneurysm, which may or may not have been the source of his prophetic visions. As season two opens, we'll find out whether the surgery robbed him of that power. It would be a shame if we never see George Michael again. Victor Garber and Natasha Henstridge also star in "The Path." 10:02 PM on ABC

Fringe

When it's discovered that a rather simple man has the ability to harness electricity, dangerous and deadly occurrences follow, and our unlikely trio investigates this supercharged oddity. Meanwhile, Olivia (Anna Torv) has a high-voltage encounter of a different kind when she is rocked by a blast from her past, and Dr. Bishop (John Noble) enlists homing pigeons to help him break the case in the new episode "Power Hungry." 10 PM on VI

Daisy bouncing back

Daisy De La Hoya may have had her heart broken in the season finale of Rock of Love 2, when Poison frontman Bret Michaels picked Ambre Lake, but the former exotic dancer is getting back in the game on a new VH1 show called Daisy of Love, premiering in the spring. PEOPLE.COM

Celebrity Buzz

Twin bundle of joy for Lisa Marie

MOTHERHOOD Lisa Marie Presley and her husband Michael Lockwood welcomed twin girls last week, People.com reports.

"The babies and mom are happy and healthy and resting at home," rep Cindy Guagenti tells People.

The baby girls were delivered by C-section at 2:46 p.m. and weighed in at 5 lbs., 15 oz. and 5 lbs., 2 oz.

The singer, 40, had said on her MySpace page before the babies were born that she and Lockwood, 47, were "beyond thrilled and blessed, elated and saturated in happiness."

The girls are the first children together for Presley and Lockwood, a musician. Presley, who proudly displayed her baby bump in the September issue of Marie Claire, has daughter Riley, 19, a model, and Benjamin, 15, with ex-husband Danny Keough.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

J. Lo, Anthony renew their vows Vegas-style

MARRIAGE More than four years after saying I do, Jennifer Lopez and Marc Anthony secretly renewed their vows in Las Vegas early Sunday morning, People.com reports.

Witnessed by two friends, the duo renewed the vows at Caesars Palace's Forum Tower Penthouse at 3:15 a.m., a rep for the hotel confirmed to People.

"It was totally a spur of the moment thing," a source said. "They decided around 12:30 in the morning that they wanted to do it and started calling for ministers."

The renewal ceremony comes after the couple spent the previous evening club-hopping in Las Vegas and taking in a show.

METRO NEWS SERVICES

Moss and musician back on again

COUPLES Supermodel Kate Moss has rekindled her romance with rocker Jamie Hince just two weeks after they split, imdb.com reports. The couple reportedly called off their romance last month in an alleged argument over Moss' party-loving lifestyle and her desire to have another baby. But Moss was spotted enjoying a lunch date with The Kills star in upmarket London department store Selfridges on Friday — their first appearance together in public since their breakup. "They've sorted their problems and are as happy as they've ever been. They have been back together for a good week or so," a source close to the pair says.

METRO NEWS SERVICES

Aniston happy being single

PEOPLE Jennifer Aniston is happy being single, femalefirst.co.uk reports. The former Friends star — who split from musician John Mayer in August — has recently been linked to actors Leonardo DiCaprio and Gerard Butler, but friends insist she is happier being alone.

"Jennifer is not just looking amazing, she's feeling amazing," a friend said. "She's very content right now. She would much rather be on her own than trapped in a miserable relationship with someone who is wrong for her."

The actress turns 40 next year and her friends say she is excited about getting older. "Rather than dreading it, she sees it as a thing to celebrate and be proud of, not scared about," the friend added.

METRO NEWS SERVICES

Mendes: No children, please

PEOPLE Eva Mendes doesn't want to have children, femalefirst.co.uk reports. The 34-year-old actress admits she has no desire to start a family with boyfriend George Gargurevich. "I'm just not that girl who dreams about being a mom. That's a real commitment and a whole lifestyle change," she says.

Mendes also shared her secret to escaping paparazzi. "Don't date other actors. That's the big secret," she says. "If you are famous and you date someone famous, you're screwed."

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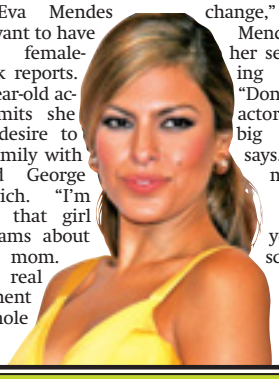

celebrity briefs

Farrell: Booze almost killed me

PEOPLE Colin Farrell says drinking almost killed him, femalefirst.co.uk reports. "I'd been drinking since I was 14," he says. "At the beginning of recovery I found it really hard. For me there was no choice. It was tough but I was dying. I was struggling not to have a complete meltdown. I'm glad I'm out of that cycle, I'm very lucky."

Hockey was her first love

SPORTS Alanis Morissette can be tough in her music, but imagine her on skates with a stick, People reports. "I've been a hockey fan since I was fresh out of the womb," Morissette tells NHL.com. "I played street hockey a lot," the singer says.

Paris delays deplaning

VANITY Paris Hilton has taken vanity to jumbo levels, the Daily Mirror reports. The socialite refused to get off her flight when it landed in London last week, insisting she had to do her makeup. "Every other passenger had got off the aircraft but she stayed, telling staff she couldn't be seen in public until she had decided on her outfit," an airport source said. After the effort, the source said: "Paris was red-faced as she came through the airport pretty much unnoticed."

METRO NEWS SERVICES

"This makes no sense at all..."

by Joe O'Neill

Jennifer Lopez and Marc Anthony have "secretly" renewed their marriage vows. It was 'secret' in the sense that nobody cares about them, or her butt, anymore.It is not reported whether they also renewed their respective divorce decrees. You'd have to ask **Cris Judd**, and assorted others, about that one. Sounds like it was a very special evening. Nothing says 'eternal love' like vow renewal in the middle of the night at Caesar's Palace's penthouse. If I'm Marc Anthony, I might think twice about summoning a man of the cloth at three in the morning. The minister's likely to take one look at Marc's ghoulish pallor, splash him with holy water and drive a stake through his heart. But hey, it was Vegas.

I'm sure the good reverend was an Elvis impersonator first and foremost. If you're reading this and thinking, "Who cares?" you're not alone. JPez seems increasingly desperate lately to reinvent herself as a triathlon-competing, twin-mothering everywoman. I sense a desperation, multi-pronged publicity grasp in her future. In March, she will shave her head and run the Boston marathon wearing a pregnancy rumour-generating billowy blouse and hip waders, then set fire to **Ben Affleck's** childhood home while screaming "I'm still, I'm still Jenny from the Block!"

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Thursday Rain 80% 10°/ 9°

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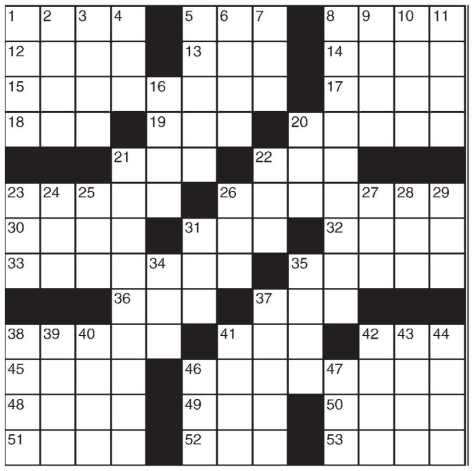

Crossword across

1 Help a felon
5 Witnessed
8 Korean War movie
12 Went on horseback
13 Hasten
14 Chills and fever
15 Periodical
17 "Inconvenient Truth" teller?
18 Pig's home
19 Frequently, in verse
20 Christmas-tree topper, maybe
21 Witticism
22 TV lawyer Stone
23 Coffee additive
26 At a loss
30 Bjorn of tennis
31 Shack
32 Tittle
33 Sports arena
35 Eightsome
36 Rd.
37 Commotion
38 Jerry Herman heroine
41 Expert
42 Taste the wine
45 Foil cousin
46 "Golconda" painter René
48 Set down
49 Past
50 Crazy
51 Otherwise
52 Corral
53 She played Lili Von Shtupp

Crossword down

1 Weaponry
2 Ocean vessel
3 Tense
4 Chamomile, for one
5 Work hours
6 "— We Got Fun?"
7 Teensy
8 Venetian noble
9 Enthusiastic
10 Foolproof
11 Shoe part
16 Speed
20 TV alien
21 A Biblical Mary
22 Chow down
23 Couric's employer
24 Deterioration
25 Epoch
26 Vagrant
27 Parcel of land
28 Schedule abbr.
29 Pop
31 Coloration
34 Wall climber
35 Smell
37 Inert gas
38 Strike from the text
39 October birthstone
40 Oahu souvenirs
41 Senate staffer
42 Old portico
43 Reason to scratch
44 Laborer
46 Chart
47 Sort

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5			6		2			
7	1						8	9
	2			1		3		
	5		1	6				2
		2				1		
8				9	3		6	
		4		2			9	
1	3						2	4
			5		4			7

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

5	2	7	8	1	6	3	4	9
9	8	4	7	5	3	6	1	2
6	1	3	9	4	2	5	8	7
4	3	9	6	2	1	7	5	8
7	6	2	4	8	5	9	3	1
1	5	8	3	9	7	2	6	4
3	4	5	2	7	8	1	9	6
2	9	6	1	3	4	8	7	5
8	7	1	5	6	9	4	2	3

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SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day

Spinach Salad with Chickpeas

INGREDIENTS:

2 medium onions, cut into 1/2-inch (1-cm) slices
1 can (19 oz/540 ml) chickpeas, drained, rinsed, and patted dry
1/4 cup (50 ml) lemon juice
2 tbsp (25 ml) flaxseed oil
1 tbsp (15 ml) olive oil
1 clove garlic, minced
1/2 tsp (2 ml) salt
1/4 cup (50 ml) crumbled feta cheese
1 package (7 oz/198 g) baby spinach
2 apples, cored and sliced
2 tbsp (25 ml) ground flaxseed

METHOD:

1. Preheat oven to 400°F (200°C). Coat baking sheet with olive oil cooking spray. Add onion slices and coat each with spray. Roast for 10 minutes. Add chickpeas and roast until onions are tender and browned, 10 minutes.
2. Meanwhile, in a measuring cup, whisk together lemon juice, flaxseed oil, olive oil, garlic, and salt. Stir in cheese.
3. Place spinach in a large bowl and toss with onions, chickpeas, apples, and flaxseed. Drizzle with vinaigrette.

PER SERVING:

292 calories, 9 g protein, 37 g carbohydrates, 10 g fibre, 14 g total fat, 3 g saturated fat, 8 mg cholesterol, 476 mg sodium

SERVES 4

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Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A health check has an impact on decisions. A dangerous guy gets ahead with a flash of insincerity. Someone wants to have a good cry.

TAURUS
APRIL 21-MAY 21
Have a strong plan to gather your scattered thoughts. If you're not certain – say so. Shun self-indulgent desserts tonight.

GEMINI
MAY 22-JUNE 21
Missing a deadline will cause meaningless anguish. Pay attention to cryptic comments. Cheer up a clever but forlorn person.

CANCER
JUNE 22-JULY 22
Be sympathetic with arrogant people. A ruffian is revealing secrets and lies. Plans must be exposed in a thrilling statement.

LEO
JULY 23-AUG 23
Remain calm if an argument develops. An enemy will back down. Pay attention to oncoming vehicles.

VIRGO
AUG 24-SEPT 22
A mediator inspires a spectacular uproar. A solution isn't what it seems to be. Try to explain the rationale behind a weird choice.

LIBRA
SEPT 23-OCT 23
Be patient and show someone how to get a life. Intimacy develops with those who know the truth. Financial plans will disturb a romance.

SCORPIO
OCT 24-NOV 22
An adversary returns from the middle of nowhere. Prepare to do battle with unreasonableness. A disagreement causes distress and dismay.

SAGITTARIUS
NOV 23-DEC 21
A big shot will be tolerated today. Don't rush in where angels fear to tread. Tranquility will feel peculiar after dark.

CAPRICORN
DEC 22-JAN 20
Someone's bitterness at night is puzzling. Depart from the norm to find a solution. Pay attention to silly complaints and tricky situations.

AQUARIUS
JAN 21-FEB 18
Rely on your wits to stop a ridiculous prankster. Don't risk a sleepless night with an anxiety marathon. Take deep breaths if you're nervous.

PISCES
FEB 19-MARCH 20
A pessimistic pattern emerges after a chat. Free a miserly person from a guarantee. You can survive without an intolerable individual.

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